



Benefits/Procedure for Becoming a Stroke and Turn Official in Pacific Swimming

Benefits of Becoming an Official

- 1) Gain a more thorough understanding of swimming in particular, and sports in general.
- 2) Help support a sport that promotes a healthy lifestyle for our children.
- 3) Become involved in the meet both mentally and physically rather than merely spectating.
- 4) Fulfill volunteer requirements for your club.
- 5) Get closer to the competition.
- 6) Receive great hospitality.

Getting Started

1) Attend Training Clinic

- Attend a beginning Stroke & Turn training clinic. The clinic requires approximately 4 hours and includes discussions and a USA Swimming produced video tape on judging strokes, turns and relay takeoffs.
- Pacific Swimming conducts clinics throughout the year at various locations. Contact your Zone Officials Chair for the location and date of the next training clinic in your zone. If you want to host a clinic at your club, contact your Zone Officials chair to schedule a date and time.

2) Get On Deck Training

- New Stroke & Turn judges typically work a minimum of four sessions at a minimum of two different meets, “shadowing” experienced officials. To get on-deck training, report to the officials’ briefing, which is typically about 30 minutes before the start of the meet session. Trainees are welcome at any CBA meet, but generally not at meets such as JO and Far Western.

3) Register as an Official

- Before you can be certified, you must register as a non-athlete member of USA Swimming. See [Click here for information.](#)

4) Take USA Swimming Officials Test

- Complete USA Swimming’s on-line, open book test. You must have a completed USA Swimming non-athlete membership before you can take this test.

5) Other Expectations/Requirements

- Age – Minimum of 18 years old.
- Attire – Solid navy blue skirt, shorts or pants, white polo shirt with white shoes.
- Attitude – Positive attitude, willingness to volunteer, and dedication.